

Sponsored by:

**The Interdenominational South Suburban
Grief Support Coalition**

All Saints Catholic Church, Lakeville
Augustana Lutheran Church, West St. Paul
Church of St. John Neumann, Catholic, Eagan
Church of St. John the Baptist, Catholic, Savage
Church of St. Joseph, Catholic, Rosemount
Church of St. Michael, Catholic, Farmington
Church of St. Thomas Becket, Catholic, Eagan
Church of the Risen Savior, Catholic, Burnsville
Easter Lutheran Church, Eagan
Good Shepherd Lutheran Church, Inver Grove Heights
Mary, Mother of the Church, Catholic, Burnsville
Prince of Peace Lutheran Church, Burnsville
St. James Lutheran Church, Burnsville
Shepherd of the Lake Lutheran Church, Prior Lake
Shepherd of the Valley Lutheran Church, Apple Valley

For more information:

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www.growingthroughlosstcsouth.com

GROWING THROUGH LOSS
c/o Shepherd of the Valley Lutheran Church
12650 Johnny Cake Ridge Road
Apple Valley, MN 55124

Growing Through Loss
Twin Cities South Suburban Coalition

Spring Series

Thursdays, March 5—April 2, 2020

7:00—9:00 PM

Registration 6:30 PM

**Shepherd of the Lake
Lutheran Church**
3611 North Berens Road NW
Prior Lake, MN 55379
952-230-2988

Growing Through Loss provides:

- ◇ Support for adults who have experienced a loss
- ◇ Information about the grieving process
- ◇ Caring and support from others who are also grieving
- ◇ Sharing of memories and feelings in a confidential setting
- ◇ One-on-One Support

Support for the following losses:

- ◇ Loss of Spouse
- ◇ Loss of Child
- ◇ Loss of Parent
- ◇ Loss of Other Loved Ones
- ◇ Loss through Suicide
- ◇ Life Transitions: i.e., Job Loss, Loss of Health, Broken Relationships, Mid-Life Changes
- ◇ Multiple Losses

Following the speaker, a trained facilitator will be at each table to lead the discussion and offer help and support through conversation among the participants. One-on-one listeners will also be available each week.

Spring Series *Guest Speakers*

March 5, 2020

“Overview of Grief”

Rev. Dr. Verlyn Hemmen, M.Div, D. Min
Pastor of Care and Small Groups
Peace Church, Eagan

March 12, 2020

“Navigating Grief with Humor”

Melissa Baartman Mork, Psy.D.
Department Chair of Psychology
University of Northwestern, St. Paul

March 19, 2020

“Grief vs. Depression: They’re Different”

Kay King
Older Adults Program Coordinator
& Community Educator
National Alliance on Mental Illness of Minnesota

March 26, 2020

“The Wisdom of a Broken Heart”

Bussho Lahn, CSD
Certified Spiritual Director
Aslan Institute, Eagan

April 2, 2020

“Evening of Remembrance”

Rev. Karen Treat
Pastor of Care Ministries & McKenna Crossing
Shepherd of the Lake Lutheran Church

Growing Through Loss



Time:

Registration	6:30—7:00PM
Speaker	7:00—7:50PM
Support Groups	8:00—9:00PM

Place:

Shepherd of the Lake Lutheran Church
3611 North Berens Road NW
Prior Lake, MN 55379
952-230-2988

Suggested Donation:

\$3.00 per session
(All proceeds support the Growing Through Loss ministry)

Each session is complete in itself.
You are welcome to attend one or all.

Our next series will be in
Fall 2020
Church of St. John Neumann
Mondays—September 14-October 12